DOCUMENT RESUME

ED 445 298 CG 030 353

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TITLE	The Link between Childhood Trauma and Mental Illness: Effective Interventions for Mental Health Professionals.
ISBN	ISBN-0-7619-1699-7
PUB DATE	2001-00-00
NOTE	333p.
AVAILABLE FROM	Sage Publications, Inc., 2455 Teller Road, Thousand Oaks, CA 91320. E-mail: order@sagepub.com.
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Child Abuse; Counseling; Counselor Client Relationship; *Counselor Role; *Counselor Training; Mental Health; Professional Training; Sexual Abuse; Theory Practice Relationship
IDENTIFIERS	*Child Abuse Survivors; Healing Effect; Recovered Memories; Traumas

ABSTRACT

Many people seeking help from the mental health system have histories of childhood trauma from sexual and physical abuse. Little literature is available for counselors, mental health workers, and other professionals on the topic of specialized therapy for abuse survivors. Counselors have a crucial role in helping these clients heal and recover. The learning needs of these counselors are not the same as those of other trauma treatment professionals. This book provides mental health counselors with the knowledge and skills they need for their direct practice. Although each chapter can be read independently, the book is designed as a progression, with each part building upon the previous one. Chapter One reviews the barriers that inhibit the acknowledgment of child abuse as an important factor in clients' backgrounds. Chapter Two presents a multidimensional model that unites factors such as the specific nature of abuse, values, genetic, and sense of self. Chapters Three and Four review the research about the prevalence of childhood trauma and its potential impact on adults. Chapter Five discusses the issues of recovered memory and false memory syndrome. Chapter Six introduces the topic of asking about child abuse. Chapter Seven focuses on client-professional relationships and active practice strategies. Chapters Eight, Nine, and Ten highlight issues such as the full recovery process, credible treatment models, and ways to listen to client's stories in order to better understand their concerns. In the remaining chapters, special topics are addressed by utilizing the expertise of three guest authors. They consider the abuse survivor who is overwhelmed by crisis events, men's concerns, and concerns of survivors of war. Personal and professional self-care is also considered. (Contains 2 figures; 1 table; 2 appendixes; and 338 references.) (JDM)

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